

Cold Menu - Term 1*

High School

For the weeks of:

Aug 30th - Sept 3rd
Sept 20th - Sept 24th
Oct 11th - Oct 15th
Nov 1st - Nov 5th

MONDAY 8/30/2021		TUESDAY 8/31/2021	WEDNESDAY 9/1/2021	THURSDAY 9/2/2021	FRIDAY 9/3/2021
BREAKFAST					
Breakfast	Whole Grain Apple Muffin/ Diced Pears/ 100% Apple Juice	Assorted Cereals and Whole Grain Graham Crackers/ Chilled Pineapples	Zucchini Bread/ Fresh Apple Slices	Fruit & Yogurt Parfait/ All-Mixed-Up Fruit Cup	Whole Grain Plain Bagel w/ Cream Cheese / Mandarin Oranges
	Nonfat or 1% White Milk				
Milk					
LUNCH					
Entrée	Turkey Ham & Cheese Sub Sandwich	Chicken Salad Sandwich	Tuna Salad Sandwich	Italian Sandwich	American Sub Sandwich
	Egg Salad Sandwich V	Sunbutter & Jelly Sandwich VE	Mediterranean Hummus Wrap VE	Vegan Garden Wrap VE	Hearty Garden Salad w/ Whole Grain Tortilla Chips V
Vegetables From the Field	Chilled Black Beans	Broccoli Florets w/ Dip	Cucumber Coins w/Dip	Baby Carrots w/ Dip	Chilled Corn
	Garden Bar Salad (Kale, Cherry Tomatoes, Curried Chickpeas & Carrots) with Dressing				
Fruits	Chilled Pineapples	Fresh Apple	Fresh Peach	Fresh Banana	Fresh Pear
	Fresh Orange	All-Mixed-Up Fruit Cup	Applesauce Cup	Diced Pears	Fresh Apple Slices
Milk	Nonfat or 1% White Milk				

*Subject to change based on availability

V - indicates vegetarian

VE - indicates vegan

Green Color Font - indicates locally sources produce

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High School

For the weeks of:

Sept 6th - Sept 10th

Sept 27th - Oct 1st

Oct 18th - Oct 22nd

MONDAY 9/6/2021						TUESDAY 9/7/2021	WEDNESDAY 9/8/2021	THURSDAY 9/9/2021	FRIDAY 9/10/2021
BREAKFAST									
Breakfast		Banana Bread/ Fresh Clementine/ 100% Orange Juice	Assorted Cereals and Whole Grain Graham Crackers/ Applesauce Cup	Whole Grain Biscuit w/ Jelly/ All-Mixed-Up Fruit Cup	Fruit & Yogurt Parfait/ Chilled Pineapples	Whole Grain Bagel w/ Cream Cheese/ Fresh Apple Slices			
Milk		Nonfat or 1% White Milk							
LUNCH									
Entrée		Chef Salad Wrap	Chicken Caesar Wrap	Southwest Chicken Sandwich	Chilly Philly Sub Sandwich	Chicken Taco Salad			
		Sunbutter & Jelly Sandwich VE	Lift-Off! Spinach Salad w/ Tortilla Chips VE	Sweet Potato Wrap VE	Greek Salad w/ Tortilla Chips V	Garden Wrap V			
Vegetables From the Field		Blue Ribbon Slaw	Chilled Corn	Broccoli Florets w/ Dip	Pinto Beans	Cherry Tomatoes w/ Dip			
		Garden Bar Salad (Mixed Salad Greens, Cherry Tomatoes, Corn & Carrots) with Dressing							
Fruits		All-Mixed-Up Fruit Cup	Fresh Grapes	Fresh Nectarines	Fresh Pear	Fresh Peach			
		Fresh Orange	Diced Peaches	All-Mixed-Up Fruit Cup	Applesauce Cup	Mandarin Oranges			
Milk		Nonfat or 1% White Milk							

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For the weeks of:

Sept 13th - Sept 17th

Oct 4th - Oct 8th

Oct 25th - Oct 29th

MONDAY 9/13/2021						TUESDAY 9/14/2021						WEDNESDAY 9/15/2021						THURSDAY 9/16/2021						FRIDAY 9/17/2021					
BREAKFAST																													
Breakfast				Assorted Cereals and Whole Grain Graham Crackers / Mandarin Oranges				Whole Grain Bagel w/ Cream Cheese / Diced Pears				Whole Grain Blueberry Muffin/ Fresh Apple Slices				Fruit & Yogurt Parfait/ Diced Peaches				Banana Bread/ All-Mixed-Up Fruit Cup									
Milk				Nonfat or 1% White Milk																									
LUNCH																													
Entrée				Classic Chef Salad w/ Garlic Knot Bread				Chicken Dipper Salad w/ Tortilla Chips				Buffalo Chicken Wrap				Asian Chicken Wrap				Chicken Caesar Salad w/ Dinner Roll									
				Veggie Lo Mein VE				Greek Salad w/ Tortilla Chips V				Black Bean Macaroni Salad w/ Tortilla Chips VE				Asian Hummus Wrap VE				Hearty Garden Salad w/ Dinner Roll V									
Vegetables From the Field				Baby Carrots w/ Dip				Chilled Corn				Broccoli Florets w/ Dip				Tomato & Cucumber Salad				Three Beans Salad									
				Garden Bar Salad (Mixed Salad Greens, Cherry Tomatoes, Cucumber & Carrots) with Dressing																									
Fruits				Fresh Pear				Mandarin Oranges				Applesauce Cup				Fresh Banana				Fresh Apple Slices									
				Chilled Pineapples				Fresh Apple				Diced Peaches				Fresh Orange				All-Mixed-Up Fruit Cup									
Milk				Nonfat or 1% White Milk																									

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